

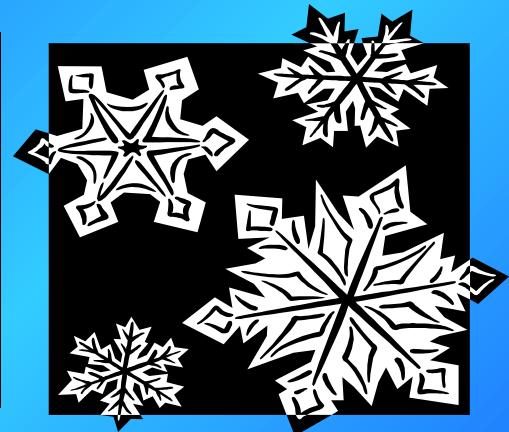


# PREVENTIVE MEDICINE

## MEASURES FOR HEAT INJURIES

- PLAN FOR THE HEAT
- OBTAIN AND USE HEAT CONDITION INFO
- ENFORCE INDIVIDUAL PREVENTIVE MEDICINE MEASURES
- MODIFY WEAR OF THE UNIFORM
- IDENTIFY SPECIAL CONSIDERATIONS

# **PREVENTIVE MEDICINE MEASURES FOR COLD INJURIES**



- PLAN FOR THE COLD
- DETERMINE AND USE WINDCHILL FACTOR
- IDENTIFY SPECIAL CONSIDERATIONS
- ENFORCE INDIVIDUAL PREVENTIVE MEDICINE MEASURES



# **MEASURES FOR PERSONAL HYGIENE AND PHYSICAL AND MENTAL FITNESS**



- KEEP YOUR UNIT PHYSICALLY FIT
- PLAN FOR PERSONAL HYGIENE
- ENFORCE SLEEP DISCIPLINE
- ENFORCE PREVENTIVE MEDICINE MEASURES FOR THE EFFECTS OF SLEEP LOSS
- SHOW YOUR PERSONNEL THAT YOU CARE ABOUT THEIR WELFARE, SAFETY, AND HEALTH
- KEEP EVERYONE INFORMED
- PROMOTE COHESION WITHIN THE UNIT
- IMPART UNIT PRIDE